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SAFETY

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SAFETY: A simple word in a complex world. But safety precautions are the "right stuff" to enable each of us to cope better with this complex, often unpredictable world we live in.

The mission of the Air Force is indeed a global one — requiring Air Force personnel to travel and take up residence all over the world. And just as the Air Force constitutes a vital and ever-watchful security shield for all of us, so too can a knowledge of proper safety precautions constitute an important "weapon" in our arsenal — reducing our vulnerability, further protecting our personnel and their families.

Hence, this brochure. Read it. Study it. Share it with your family and friends. Discuss it. Read it again. It's an insurance policy — free except for a small investment of your time — which can bring immense dividends to you and your loved ones.

We want each of you safe and sound. To that end, in an all too often threatening world, this Air Force brochure is dedicated.

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WHEN TRAVELING ABROAD

- **Don't advertise your Air Force connection:**
  - Wear civilian clothes.
  - Remove any military stickers, name tags, or other military "I.D.'s" from your luggage.
  - Avoid use of military address and rank on tickets, travel documents, reservations.
  - Don't wear military "accessories:" dog tags, flight watches, military rings.
  - Don't use military-looking luggage: B-4 bags, duffel bags, etc. Use conventional civilian luggage.
- **For that matter, don't advertise your "Americanism":**
  - Suppress that urge to wear that "neat" T-shirt, with its give-away "I'm-an-American" message.
  - Likewise, avoid wearing such typically American apparel items as cowboy boots or baseball caps that easily "typecast" you.
  - Don't wear faddish, trendy or flashy clothing that will call attention to yourself.
  - And don't advertise yourself as a "world traveler." Remove all those exotic souvenir decals you've so proudly collected in your travels.
- Obtain a **tourist** passport for international travel . . . even if you already have a military passport.
- Each family member should have his or her own passport. Don't include children or spouse on the same document.
- Do inform your spouse, family member, friend or appropriate service official of your travel plans.

REMEMBER: KEEP A LOW PROFILE.

Anonymity is the name of the game.

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AIR TRAVEL

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- Buy and obtain your flight tickets in advance, off-site.
- If the commercial airline offers seat assignments at time of purchase, take advantage of it.
- If at all possible, try to book a non-stop, direct flight. The fewer plane changes and airport stops, the better.
- Ask for a seat assignment next to or as close as available to an emergency exit.
- Window seats are preferable to aisle seats in high-jacking situations; and rear seats are preferable to forward, near-to-cockpit seats.
- Before your departure, buy small amounts of the currency of your destination country. Otherwise, in order to exchange money, you may have to prolong your stay at the arrival airport unnecessarily.
- Unattended baggage? Stay away from it. And never leave your own luggage unattended.
- The cardinal rule in airports:

  DON'T DAWDLE!

  - Avoid as much as possible such public areas as restaurants, airport shops, general waiting rooms.
  - Proceed through the security check to the boarding-gate area as quickly as possible.
  - Wait for your flight beyond the security perimeter, not in the main terminal area.

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GROUND TRANSPORTATION

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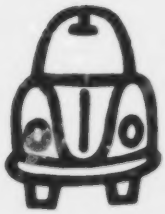

- Whenever possible, avoid the use of a government car.
- Avoid limousines, and don't drive flashy, expensive cars.
  - A Rolls-Royce, a Mercedes, shouts "Hey! Look at me!" A Volkswagen, or equivalent cheaper model, helps you maintain that all-important low profile you should always be striving for.
- Keep your automobile in "all-systems-go" condition:
  - Refill your gas tank when it drops to the half-full level.
  - Regularly check tires (including spare), radiator, brakes and operating fluids (oil, brake, power steering).
- Always lock car doors and windows.
- Leave only your ignition key with parking attendants.
- **Never** pick up hitch-hikers. This Stateside precaution is even more valid when motoring abroad.
- Before re-entering your car, give it a quick visual check (for dangling wires, "jimmy" marks, smudges or fingerprints on the hood or trunk, etc.).
  - if anything looks fishy, **do not** investigate further.
  - Call the local police or base security officer for guidance.
- If your car does break down, raise the hood and/or tie a cloth (handkerchief, scarf) to the aerial. Re-enter the car and lock all doors and windows.

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HOTEL SAFETY TIPS

- **Don't** accept upper-floor room assignments in a high-rise hotel.
  - Lower floors — say, the second through the seventh or eighth — are accessible to fire equipment and are more easily evacuated.
- **Don't** leave valuables — cash, travelers checks, jewelry, important documents — in your room. Use the hotel safe.
- **Don't** automatically open your room door to anyone seeking entrance. Check with the front desk.
- **Don't** divulge your room number to strangers. And **don't** give your name when answering the phone.
- **Don't** advertise the fact that you're not in your hotel room.
  - A good rule to follow: use the "Do not disturb" sign whether you're in or not.
- **Do** check out the location of emergency exits, stairwells, fire extinguishers.
- **Do** keep doors and windows locked at all times.
- **Do** keep your room key in your possession at all times.

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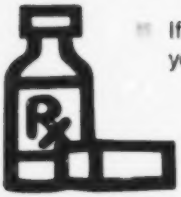
MEDICAL SAFETY TIPS

- Know your blood type and that of your spouse and children.
- If you or other family members must take regular medication:
  - Carry an ample supply on your person.
  - Carry a copy of your prescription, preferably photocopy-reduced to wallet size.
  - Obtain from your physician a written statement, explaining the need for such medication (*especially* if it's a controlled substance, such as barbiturates).
  - Know the **generic** name of the prescribed medication, so that you can still reorder if the particular brand is unavailable abroad.
- If you wear glasses or contact lenses, carry with you a copy of your correct prescription.



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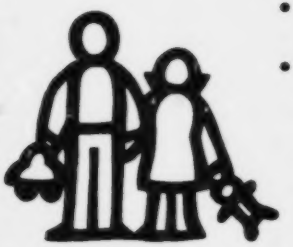
CHILDREN

- Know where your children are at all times, day and night.
- **Never** leave young children alone or unattended.
- **Never** give house keys to young children.
- Instruct children to keep doors and windows locked and never to admit strangers.
- See to it that each child is issued his or her own passport.
- Insist that each child (age permitting) learns the basic "need-to-know" emergency telephone numbers.
- With school-age children, consider the **location** of schools to be of primary importance when choosing a residence.
  - Are routes convenient, well-lit, requiring minimal travel time?
- **COACH YOUR CHILDREN *REGULARLY* ON SAFETY PRECAUTIONS.**
  - Don't alarm them needlessly, but do make sure they know the basic "do's" and "don't's" of safety.
- **Advise your children to:**
  - Never leave home without advising their parents where they will be and who will accompany them.
  - Travel in pairs or groups.
  - Walk along busy streets and avoid isolated areas.
  - Use locally approved play areas where recreational activities are supervised by responsible adults and where police protection is readily available.



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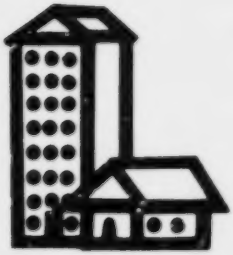
- Refuse automobile rides from strangers and refuse to accompany strangers anywhere on foot, even if the strangers say Mom or Dad sent them or said it was OK.
- Report immediately to the nearest person of authority (teacher, police) anyone who attempts to annoy or molest them.



If you have to, or elect to, live off base, here are some useful pointers to keep in mind:

- Remember, an apartment complex, well designed and well managed, is generally considered more secure than a single-family dwelling unit.
- Avoid residential units on dead-end streets and cul-de-sacs.
- How about your commute to the base or station? Can you travel well-trafficked streets, with ample opportunity to vary your route?
- Does the residence have a secure garage, connected to, or easily accessible from, the residence?
- Check outdoor and street lighting. Adequate lighting is a proven deterrent to would-be intruders.

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HOME SECURITY

- Get to know your neighbors. They can be safety allies.
- Don't forget "man's best friend." A good watchdog is an investment in improved security.
- Ration your house keys. Don't give them to young children.
- If your house key is lost, replace all affected locks promptly. Also, install new locks when you first move in.
- Keep entrances locked at all times.
- Install a wide-angle peephole in your entrance door. And make sure it's used consistently.
- Use timers on lights and radios when you're away.
- Prepare for possible power failures: candles, working flashlights, battery radios, etc.
- **Never** admit strangers without proper identification.
- **Never** answer the telephone with your name and rank. Use **unlisted** phone numbers.
- If possible, use your base mailing address rather than your residence address.
- Don't put your name on the outside of your residence, or on your mailbox.
- Destroy "incriminating" trash, such as envelopes or other documents that advertise your rank or military unit.
- Treat all unexpected package deliveries with suspicion.
  - Among the danger signals: lack of or unknown return address, suspicious odor, excessive postage, protruding wires or strings, unusual misspellings, and such notations as "Highly Confidential," "Eyes Only," "Top Secret," etc.
  - Don't handle suspect packages. Call Security Police or OSI.
- Know, and prominently post, key telephone numbers: local police, base security, fire department, hospital, school, reliable neighbors.
- Establish a "safe room" in your house. Equip it with inside locks and a telephone, and with posted emergency phone numbers.
- Weapons have a way of "backfiring." They can prove as much a liability as an asset, and should generally be avoided. Discuss with your base security officer if in doubt on this score.

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- Carefully screen household help, if any. Check references. Don't divulge unnecessary information. Do insist they follow prescribed safety precautions.
- As always, keep a low profile. Avoid noisy parties. Fourth of July "bashes" and Thanksgiving Day extravaganzas, for example, only serve to announce: "Americans live here."

HOST COUNTRY

- **Do** try to understand the culture and customs of the host country. An informed visitor is a safer visitor.
- **Do** try to befriend carefully selected host-country nationals. They can make the difference in an emergency.
- **Do** learn some key words and phrases if you are unfamiliar with the host-country language: "police," "help," "fire," "hospital," etc. Obviously, the better your command of the language, the better you are prepared to cope with emergency situations.
- **Do** avoid civil disturbances, protest demonstrations, political rallies, etc.
- **Do** consider carrying a host-country newspaper or magazine with you when you go out. It may help, unobtrusively, to mark you as a long-time resident.
- **Do** identify potential "Safe havens" along your daily commuting routes: police stations, fire stations, embassies or consulates of friendly governments.
- **Do** know how to use the local telephones. And keep sufficient pocket change on hand to use them.
- **Do** vary your times and routes of travel . . .
- **Don't** engage in arguments or heated discussions.

Remember: PREDICTABILITY IS A LIABILITY.

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NATURAL DISASTERS

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Natural disasters are often as unpredictable as the wanton strikes of terrorists. But here, too, there are safety precautions you can take to minimize their dangers — whether with some advance warning, as can be the case with hurricanes or floods, or whether with virtually no advance warning, as with earthquakes and tornadoes. So . . .

- Keep readily available a portable, battery-operated AM/FM/SW radio. In the event of emergency, keep your radio tuned to VOA, BBC, or U.S. Armed Forces Radio for information and instructions.
- Identify fellow countrymen or trusted host nationals who operate "ham" radios. If normal communications lines are severed, this "outside world" contact can prove invaluable.
- Do have readily available an emergency kit. Suggested items:

  First aid kit, Change of clothes, Pocket knife, Flashlight with batteries, Water purification kit or tablets, Sealed purified water, Canned foods, Rope or twine, Family medicine, candles and waterproof matches, and High-energy non-perishable foods (dried fruit, nuts, food bars)
- Obey local authorities. If asked to evacuate, **do so promptly.**
- **Don't panic**. Panic is very contagious.
- Remember, your car can be your escape vehicle — one more reason for proper car maintenance and preparedness.

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HURRICANES

If time permits . . .

. . . Secure outdoor objects as much as possible.

. . . Tape windows to minimize damage and danger from flying glass.

. . . Fill jugs and bottles, pots and pans, and even sinks and bathtubs, with clean drinking water.

. . . Drive inland and seek high ground.

If unable to evacuate in time . . .

. . . Avoid windows, and take refuge in the central part of residence.

. . . Don't go outside until you're sure the hurricane has completely passed. A half-hour lull could be the "eye" of the hurricane. Don't let it fool you.

. . . If your residence is damaged don't turn on electricity or fuel lines until you've checked to be certain they remain intact.

TORNADOES

If there is time, shut off fuel and electricity. Open several windows to prevent destructive indoor drop in air pressure. But, again, get away from windows as soon as possible. Take shelter in the basement preferably: otherwise, in a central part of residence, and under heavy furniture. Outside, if reachable, the best shelters are underground parking facilities, tunnels, government buildings. Don't try to outdistance a tornado on foot or in a car — they can move as fast as 200 miles per hour. If caught out in the open, abandon car and take cover in a ditch or gulley.

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- **EARTHQUAKES**

  When an earthquake strikes, **stay where you are** during tremor. If inside, stay inside: if outside, stay outside. The reason? Falling debris in the adjacent perimeter of buildings causes most of the injuries in earthquakes. Thus, changing your location during a tremor only increases your risk.

  Indoors, take cover against an interior wall or under heavy furniture. Avoid windows.

  Outdoors, move away from buildings, utility wires, anything "high-rise."

  Do **NOT** enter partially collapsed or obviously damaged buildings. Aftershocks could complete the destruction.

- **FLOODS**

  With sufficient warning . . .

  . . . relocate moveable items to topmost floor.
  . . . unplug large appliances.
  . . . turn off gas and electricity at main valves or shut-offs.

  If told to evacuate . . .

  . . . do so quickly. Even if water hasn't yet reached your residence it may be threatening your escape routes.
  . . . if at all possible, avoid low-lying areas and routes that parallel streams or rivers.
  . . . if your car does stall in a flooded area, abandon it quickly and flee to high ground.

- Along with your emergency-preparedness kit, obtain a waterproof box for valuable papers: passports, other "I.D.'s," checkbooks, modest amounts of U.S. and host-country currency; travelers checks, key telephone numbers.

REMEMBER . . .
While the forces of nature are often beyond our control, prudent safety measures are not.

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MORE SAFETY DO'S AND DON'TS

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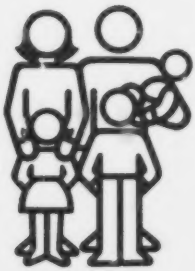
- **Do** report lost or stolen passports to the United States Embassy and local police as soon as possible.
- **Do** travel with companions when possible.
- **Do** avoid sidewalk restaurants. Ask for seating away from large plate-glass windows.
- **Do** avoid patronizing restaurants and night clubs and other facilities known to be frequented by large numbers of Americans.
- **Do** carry only essential documents on your person.
- **Do** report any suspicious behavior to the proper authorities.
- **Do** avoid late night travel, and **don't** travel to remote, isolated areas.
- **Don't** flash around large amounts of money.
- **Don't** deal in the "black market."

DO BE ALERT.



A FINAL REMINDER

BE ALERT. BE SAFETY-CONSCIOUS.

Master the contents of this brochure. It is not meant to be all-inclusive or to cover every conceivable situation. However it should serve to expand your own safety horizons so that you can bring your own intelligence and experience to bear on our shared objective of making the world a safer place for you and yours.

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TRY THIS SAFETY QUIZ

16

Some of the statements below would be considered good safety practice. Others would not. Check those you feel would not be considered correct from the standpoint of general safety standards. (Answers are on Page 19).

- ☐ a. Attending protest demonstrations and political rallies is not a recommended method of learning about the host country.
- ☐ b. One way to keep a low profile and to minimize potentially threatening situations is to avoid making friends among host-country nationals.
- ☐ c. Military air transport is preferable to commercial airline travel.
- ☐ d. Traveling on a tourist passport is preferable to traveling with a military passport.
- ☐ e. In airline highjacking incidents, aisle seats have generally proven safer than window seats.
- ☐ f. Non-stop flights are preferable to flights involving several stops and/or frequent plane changes.
- ☐ g. If possible, you should obtain air-travel tickets in advance of airport travel.
- ☐ h. Speedy access to your car is very important. Therefore, when you leave your car, the driver-side door should be left unlocked.
- ☐ i. Because there is safety in numbers, you should make a habit of patronizing those restaurants and night clubs which attract large numbers of Americans.
- ☐ j. Be consistent by following the same routes in your normal daily routine. Varying your routes will mark you as a suspicious foreigner.

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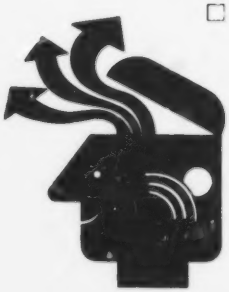
- ☐ k. If you hear someone criticizing or insulting the United States, patriotism obligates you to come to the defense of your country.
- ☐ l. If you see "jimmy" marks or dangling wires on your car, be especially cautious in opening the hood or doors.
- ☐ m. When choosing an off-base residence, you should avoid dwellings on dead-end streets and cul-de-sacs.
- ☐ n. If actually involved in a highjacking or hostage situation, don't draw attention to yourself by verbal remarks, hostile eye contact, or sudden body movements.
- ☐ o. Changing door locks when first moving into a residence or following the loss of a house key is considered good safety practice.
- ☐ p. In airline highjackings, rearward seats have generally proven safer than forward, close-to-cockpit seats.
- ☐ q. Because of their higher performance potential, top-of-the-line expensive cars are preferable to low-cost models when motoring abroad.
- ☐ r. The topmost floors in high-rise hotels are usually considered the safest.



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CHECKLIST

18

DO YOU KNOW . . .
. . . the phone numbers of . . .

the local police? ____

the nearest fire station? ____

a nearby hospital? ____

your base Security Officer? ____

U.S. Embassy or Consulate? ____

your blood type? ____

your spouse's? ____

your children's? ____

your passport number? ____

your automobile license number? ____

the generic name of any prescription? ____

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ANSWERS TO SAFETY QUIZ

19

The following statements should have been checked as incorrect, since they do not conform to recommended safety procedures:

b. **Wrong.** Friends among host-country nationals can be major assets in improving your own security and in many other ways.

e. **Wrong.** Those in aisle seats have proved to be exposed to higher risk than their fellow passengers in non-aisle seats.

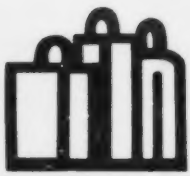
h. **Wrong.** Keep your car doors locked at all times.

i. **Wrong.** While it is indeed safer to travel with one or more companions, establishments which attract large numbers of Americans are unfortunately tempting targets for terrorists.

j. **Wrong.** If you vary your routes and do not follow a precise routine, you rob any would-be adversary of the opportunity to plan ahead.

k. **Wrong.** While you might very well respond in the United States, you should not become involved in any arguments or political discussions.

m. **Wrong.** Having observed anything you judge to be suspicious, you should **not** attempt to re-enter your car. Call the local police or base security officer.



r. **Wrong.** Flashy, expensive luxury cars call attention to yourself. Conventional, run-of-the-mill models will help you keep that all-important low profile.

s. **Wrong.** Most conventional fire equipment won't reach the highest floors. The lower floors are more readily evacuated.

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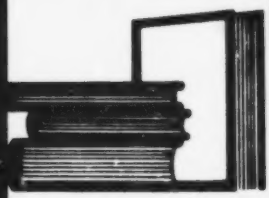

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